



# How Progress Will Be Measured



LIVE WELL  
SAN DIEGO

## 1 VISION

that all San Diego  
County residents are  
Healthy, Safe and Thriving

## 5 AREAS OF INFLUENCE



HEALTH



KNOWLEDGE



STANDARD  
OF LIVING



COMMUNITY



SOCIAL

## TOP 10 *LIVE WELL SAN DIEGO* INDICATORS

Life  
Expectancy

Quality of Life

Education

Unemployment  
Rate

Income

Security  
Physical  
Environment  
Built  
Environment

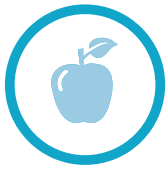
Vulnerable  
Populations

Community  
Involvement

# TOP 10 INDICATORS OF SUCCESS



## AREAS OF INFLUENCE



### HEALTH

Enjoying good health and expecting to live a full life



### KNOWLEDGE

Learning throughout the lifespan



### STANDARD OF LIVING

Having enough resources for a quality life



### COMMUNITY

Living in a clean and safe neighborhood



### SOCIAL

Helping each other to live well

## TOP 10 INDICATORS



### LIFE EXPECTANCY

Measure of length of life expected at birth and describes the overall health status of a population.



### QUALITY OF LIFE

Percent of population that is sufficiently healthy to be able to live independently.



### EDUCATION

Percent of the population with a High School diploma or equivalent. Education has a positive influence on a variety of economic, social and psychological factors which impact the health and well-being of a population.



### UNEMPLOYMENT RATE

Percent of the total labor force ages 16 and over that is unemployed and actively seeking employment. Unemployment has a strong negative influence on the financial health and overall well-being of the population. Unemployment is also linked to an increased risk of poor health outcomes, including higher mortality rates.



### INCOME

Percent of the population spending less than 1/3 of their household income on housing. Sufficient income to cover basic living costs has a positive influence on the overall financial health and well-being of the community.



### SECURITY

Measured as the rate of property and violent crimes per 100,000 people. Crime can have a significant impact on the well-being of the population and contributes to premature death and disability, poor mental health and lost productivity.



### PHYSICAL ENVIRONMENT

Percent of days that air quality is rated as unhealthy. The quality of the community's physical environment greatly impacts the health and well-being of the population.



### BUILT ENVIRONMENT

Percent of the population living within a half mile of a park. Access to parks can influence choices to engage in physical activity and community involvement which has been shown to have positive impacts on well-being.



### VULNERABLE POPULATIONS

Percent of the population who have experienced food insecurity. The inability to afford enough food on a regular basis, including access to healthier foods essential for good nutrition, impacts the health and well-being of the population.



### COMMUNITY INVOLVEMENT

Percent of residents who volunteer. Volunteering can benefit the physical and mental health of the population, as well as creating a more interconnected community.

To learn more, visit [LiveWellSD.org/make-an-impact](http://LiveWellSD.org/make-an-impact)